

## Appendix table 1

Appendix table 1. Prevalence (%) and 95 percent confidence interval (95% CI) for symptoms of poor mental health by age group and sex.

		HUNT2		HUNT3		HUNT4		P-value for trend	
		Prevalence	95% CI	Prevalence	95% CI	Prevalence	95% CI		
HADS depression									
Women	20-29	4.2	(3.7 - 4.8)	4.6	(3.7 - 5.7)	10.7	(9.5 - 12.0)	0.000	
	30-39	6.9	(6.3 - 7.6)	6.3	(5.5 - 7.2)	8.9	(7.9 - 10.1)	0.004	
	40-49	9.3	(8.6 - 10.0)	7.7	(6.9 - 8.5)	9.0	(8.2 - 10.0)	0.377	
	50-59	12.3	(11.5 - 13.3)	9.0	(8.3 - 9.9)	8.4	(7.7 - 9.3)	0.000	
	60-69	14.2	(13.2 - 15.3)	8.8	(8.0 - 9.7)	7.4	(6.7 - 8.2)	0.000	
Men	70-79	17.5	(16.3 - 18.9)	12.6	(11.4 - 14.0)	7.6	(6.8 - 8.5)	0.000	
	20-29	3.9	(3.3 - 4.5)	5.8	(4.5 - 7.4)	10.2	(8.7 - 11.9)	0.000	
	30-39	6.9	(6.2 - 7.6)	7.3	(6.2 - 8.6)	11.6	(10.2 - 13.2)	0.000	
	40-49	10.4	(9.7 - 11.2)	9.0	(8.0 - 10.0)	10.2	(9.0 - 11.4)	0.358	
	50-59	13.6	(12.7 - 14.6)	10.5	(9.6 - 11.4)	9.4	(8.5 - 10.4)	0.000	
HADS anxiety	60-69	13.9	(12.8 - 15.0)	11.1	(10.2 - 12.1)	8.4	(7.6 - 9.3)	0.000	
	70-79	16.8	(15.4 - 18.2)	13.7	(12.4 - 15.2)	10.5	(9.5 - 11.6)	0.000	
	Women								
	20-29	15.5	(14.4 - 16.5)	19.1	(17.4 - 21.0)	32.0	(30.1 - 33.9)	0.000	
	30-39	17.1	(16.1 - 18.1)	17.8	(16.5 - 19.2)	26.7	(25.1 - 28.4)	0.000	
40-49	17.9	(17.0 - 18.9)	17.1	(16.0 - 18.2)	22.1	(20.8 - 23.4)	0.000		
50-59	18.6	(17.5 - 19.8)	18.0	(17.0 - 19.1)	20.4	(19.3 - 21.6)	0.028		
60-69	18.0	(16.7 - 19.3)	16.4	(15.4 - 17.6)	17.9	(16.8 - 19.0)	0.896		
70-79	17.2	(15.7 - 18.8)	17.2	(15.8 - 18.8)	16.2	(15.0 - 17.4)	0.290		
Men									
20-29	11.9	(10.9 - 13.0)	12.0	(10.2 - 14.2)	19.0	(17.0 - 21.2)	0.000		
30-39	12.9	(12.0 - 13.9)	11.4	(10.0 - 12.9)	18.8	(17.0 - 20.7)	0.000		
40-49	14.0	(13.2 - 15.0)	12.5	(11.4 - 13.7)	16.5	(15.1 - 18.0)	0.030		
50-59	12.5	(11.6 - 13.5)	11.7	(10.8 - 12.7)	15.2	(14.0 - 16.4)	0.001		
60-69	9.2	(8.3 - 10.2)	8.5	(7.6 - 9.4)	11.0	(10.1 - 12.0)	0.004		
70-79	9.4	(8.2 - 10.6)	6.5	(5.6 - 7.6)	8.4	(7.5 - 9.4)	0.325		